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MIDNIGHT SWIMMERS

Pools hit by vandals

Unexpected repair costs to fences and lights have begun to cause concern for some Calgary outdoor pools as they struggle to keep their heads above water financially.

The manager of the Bowview Pool, who recently had a fence cut and lights shot out with a BB gun, said midnight swimmers are usually to blame.

"It happens a few times a week," said Justin Kim.

Public safety also comes into play when unauthorized users trespass after hours.

"They are taking their own lives and the lives of their friends into their hands," said Mike Gavan of the Calgary Outdoor Swimming Pool Association.

Gavan said anyone caught trespassing or vandalizing in any of the seven outdoor swimming pools will be prosecuted. ● METRO

Locals challenge netball record



▶ Martin Parnell

▶ Attempt to take place Sept. 16-19 ▶ Goal to raise \$25K for Right to Play ▶ Donations at netballalberta.com

KATIE TURNER
@METRONEWS.CA

Martin Parnell has only played netball once before but, after 61 hours of straight play next month, he'll likely get the hang of it.

The Cochrane man, known for completing 250 marathons last year, is now reaching for a new goal all

in the name of raising funds for Right to Play.

He, along with 23 others, will attempt to break the Guinness World Record for the longest game of netball.

"It has all the elements of an endurance race, which I'm used to."

Along with netball, Parnell said he plans to continue to challenge world records in other sports to continue raising money.

"Over sort of a five-year period, I want to raise \$1 million for Right to Play," he said, adding he already raised more than \$300,000 during Marathon Quest 250.

Fellow participant and local AMP 90.3 radio personality Buzz Bishop said he's ready for the challenge. "I have 'Set a Guinness record' on my bucket list!" he said.



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Maternal death rate quadruples in South Africa: Report

► Between 1998-2007, maternal mortality rate leapt from 150 to 625 deaths for each 100,000 live births

One woman waited an hour and a half at the hospital, only to see a nurse who yelled that she was "lying about being in labour." Three hours later, her baby was stillborn. Another woman gave birth on the street, steps from a clinic that turned her away, saying her time had not come.

South Africa's maternal mortality rate has quadrupled while most African countries have improved theirs, according to a scathing report released yesterday by the New York-based Human Rights Watch.

The report says some of the increase — to more than 4,500 maternal deaths a year — could be the result of better reporting and a massive HIV/AIDS rate that has 18 per cent of South Africans infected, some 5.7 million people. But the group says the health indicator also has worsened because of a lack of accountability, corruption

and poor health care.

Several other women recalled nurses telling them to "shut up" during labour, saying they had enjoyed the sex that made them pregnant so they should not complain about labour pains.

"All South Africa's good intentions, policies and strategies on paper won't save women's lives without strong accountability systems to make sure policies are carried out," said Agnes Odhiambo, the chief researcher for the HRW project.

South Africa spends the most on health per citizen in sub-Saharan Africa at \$748 a year, and has infrastructure and expertise unrivaled on the continent. Maternity care is free, abortion is legal, and there is a system of confidential inquiries to assess levels and causes of maternal deaths.

Yet South Africa, sub-Saharan African's economic powerhouse, has no hope

Hospital probe

- One hospital is being investigated for 29 baby deaths within a few weeks in January, apparently from a superbug.
- The hospital had no gloves, disinfectant spray, soap or toilet paper.

of meeting the UN millennium development goals that require 38 deaths per 100,000 births by 2015.

South African Health Minister Aaron Motsoaledi told reporters he agreed with some findings in the report and that officials are "painfully aware" of the problems. But he added that he has been working for more than two years to lower maternal deaths.

Human Rights Watch interviewed 157 women, many nurses and community caregivers as well as health officials between August 2010 and April 2011.

THE ASSOCIATED PRESS

Children. Refugees



► Somali refugees wait to be processed at a UNHCR screening centre yesterday in Dadaab, Kenya.

JEROME DELAY/THE ASSOCIATED PRESS

Somalia's child death toll climbs to staggering heights

The drought and famine in the horn of Africa has killed more than 29,000 children under the age of five in the last 90 days in southern Somalia alone, according to U.S. estimates. The UN says 640,000 Somali children are acutely malnourished, suggesting the death toll will rise.

ANDY WONG/THE ASSOCIATED PRESS



► A woman feeds ice cream to a toddler as they take rest at a park in Beijing on Sunday.

China vows to combat sex-selective abortions

China is vowing to strengthen enforcement to prevent sex-selective abortions and close a yawning gender gap in a country that already has tens of millions more boys than girls.

The pledge is in the outline of a plan for childhood development

through 2020 but has no specifics. The plan said authorities would increase efforts against the non-medical use of ultrasound tests and abortion of fetuses based on gender.

Spurred by the one-child policy and a traditional preference for boys, sex-selective

abortions have created a male-female ratio at birth in China of about 119 males to 100 females, with the gap as high as 130 males for every 100 females in some provinces. In industrialized countries, the ratio is 107 to 100.

THE ASSOCIATED PRESS

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Instant. Baguettes

► Jean-Louis Hecht displays a baguette from his dispenser in Paris yesterday.

MICHEL EULER/THE ASSOCIATED PRESS

Did we really knead this?

Jean-Louis Hecht, a baker from northeast France, has rolled out a 24-hour automated baguette dispenser that he calls "the bakery of tomorrow." He operates just two machines, one in Paris and the other in the town of Hombourg-Haut next to his own shop. The machines take partially precooked loaves, bakes and ejects them steaming hot within seconds, all for one euro.

Stormy Monday





► Markets fall in wake of U.S. credit-rating downgrade

The Toronto stock market tumbled 491.2 points yesterday after the credit-rating downgrade of U.S. government debt served to further dent confidence that global leaders can stem worsening economic conditions.

New York markets fell hard, with the Dow industrials plunging 634.76 points to 10,809.85. Overseas markets also fell sharply, with London's FTSE 100 index down 2.6 per cent, Frankfurt's DAX losing 5.02 per cent and the Paris CAC 40 down 4.68 per cent.

Adding to market un-

Market moment

TSX	Dollar
	
- 491.21 (11,670.96)	- 1.25¢ (100.92¢ US)
Oil	Natural gas
	
- \$5.57 US (\$81.31 US)	1,000 cu ft \$3.935 US (+ 0.6¢) Gold contracts \$1,713.20 US (+ \$61.40)

certainty, Standard & Poor's yesterday down-

graded the credit ratings of mortgage lenders Fannie Mae and Freddie Mac, which between them own or guarantee half of U.S. mortgages. The move could mean higher mortgage rates.

"The big question mark now is whether you will see behaviour change (among investors and government leaders)," said Norman Raschkowan, a strategist at Mackenzie Financial. "That is what people are concerned about and why you have growing concerns about a double-dip recession."

THE CANADIAN PRESS

Canada strengthens trade links with Brazil

ERALDO PERES/THE ASSOCIATED PRESS



► Prime Minister Stephen Harper talks with Brazilian President Dilma Rousseff yesterday at the Palácio do Planalto in Brasília.

Prime Minister Stephen Harper began a four-country tour of Latin America yesterday by announcing agreements with Brazil on air transport, social security, Olympic co-operation and international development aid effectiveness.

After meetings in Brasília with President Dilma Rousseff, Harper also announced a business leaders forum for Canadian and Brazilian executives. He said the agreements would promote the flow of people, goods and services between the two countries.

Canada is seeking bilateral free-trade deals with a number of countries, placing a special emphasis on the nations of Latin America and the Caribbean.

At a signing ceremony with Harper yesterday, Rousseff criticized

Standard & Poor's for downgrading the U.S. credit rating.

"We do not agree with the rushed evaluation, a little bit too quick evaluation, and I would even say incorrect assessment made by Standard & Poor's which reduced the credit rating of the United States."

The Prime Minister's Of-

fice later clarified that Rousseff was speaking on behalf of Brazil, not Canada.

In response to market turmoil yesterday, Harper urged calm, saying his government believes a gradual recovery can continue. Our policies have been achieving that in Canada... But obviously we have to do more." THE CANADIAN PRESS

CREDIT CRISIS

U.S. is AAA-OK: Obama

President Barack Obama yesterday sought to downplay the lowering of the U.S. credit rating — the first in the nation's history — in an attempt to reassure investors and the public that American leaders need only show more "common sense and compromise" to tame a staggering debt. Seeking to demon-

strate command in a volatile economic climate, Obama said he hoped Friday's decision by Standard & Poor's would at least give Congress a renewed sense of urgency to tackle debt problems. He said that must be done mainly by taking on the politically difficult issues of reforming taxes and entitlement programs.

Obama said most of the world's investors agree the U.S. remains a wise place to put their money.

Still, stocks sank in trading yesterday as U.S. investors joined a global



"Markets will rise and fall. But this is the United States of America. No matter what some agency may say, we've always been and always will be a triple-A country."

U.S. PRESIDENT BARACK OBAMA

sell-off after the downgrade.

THE ASSOCIATED PRESS

Oil prices in freefall

Oil plunged to its lowest price of the year yesterday on concerns about the slowing global economy.

Benchmark West Texas Intermediate crude fell \$5.57 US, or 6.4 per cent, to settle at \$81.31 US a barrel, as traders pulled money out of oil and stocks and bought assets considered to be safer during times of economic uncertainty, such as U.S. Treasury bills and gold.

Oil prices were swept

down by a major sell-off across Asian stock markets, followed by falling indices in Europe. Analysts think oil will remain volatile this week as traders keep a sharp eye on the economy and future demand.

THE ASSOCIATED PRESS

16

Oil prices have dropped nearly \$16 US a barrel in the past two weeks.

Greece bans short-selling

The country's Capital Market Commission took the measure after shares on the Athens stock exchange plunged to 998.24, the lowest level since January 1997. Short selling, a way of betting a financial asset will fall in price, typically involves traders selling borrowed shares in the hope of buying them cheaper later and profiting on the difference. The ban will be in effect for two months. THE ASSOCIATED PRESS

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YOU MAY BE THE ONLY ONE LIST-ENING

SHE SAYS ...

JESSICA NAPIER
METRO



You can learn a lot about a person from the way they list.
Most people limit their list making to the practical — for grocery-store items, guest lists, packing checklists and other routine to-dos.
But I like to think that I take listing to a whole new level.
I'm constantly chronicling the things I love, the things I loathe, daily tasks and goals for the future.

Over the years I've compiled hundreds of lists to organize my thoughts, to catalogue my interests and to archive my life.
I make lists everywhere: on the magnetic notepad on my refrigerator, on napkins at restaurants, on my hand and in my head.

Lists are scrawled in the margins of my travel journals; they clutter up the desktop on my MacBook and often appear in this very column.

"They say a picture is worth a thousand words, but a tear-stained bullet-point list titled Reasons to Never Get Back Together with Your Ex tells you a lot more about that relationship than a photograph ever will."

Sometimes my lists are incredibly organized — numerical, alphabetical, chronological — but most are completely haphazard and almost entirely illegible.
While checklists are certainly the most sensible form of listing, I prefer to make countdowns. The best brunch places in the city, the worst movies of all time, the most romantic places I've ever been, the books I'd bring to a desert island, favourite ice cream flavours and on and on and on.
After watching High Fidelity, I developed a habit of making Top Five lists in every conceivable category. John Cusack's character's obsession with listing everything from his favourite records to his most memorable breakups really spoke to my affinity for categorization.
Even while writing this, I'm finding it difficult to resist the urge to compile a list of reasons why lists are so remarkable.

They bring order to our lives in the present and act as a reference point for the future.

Lists offer tiny glimpses into our daily routines, our best intentions and our biggest regrets.

They say a picture is worth a thousand words, but a tear-stained bullet-point list titled Reasons to Never Get Back Together with Your Ex tells you a lot more about that relationship than a photograph ever will.

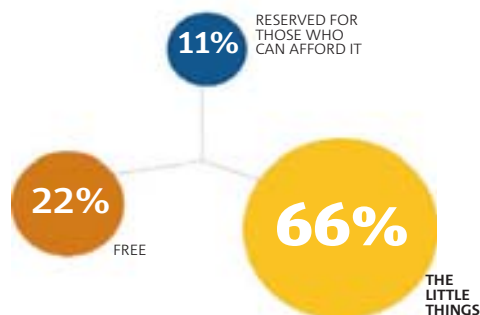
Our lists not only remind us to pick up milk; they tell the stories of who we are and who we want to be. They are perfunctory, ambitious, heartbreaking, scathing, hilarious and, more often than not, they are wonderfully self-indulgent.

Read more of Jessica Napier's columns at metronews.ca/shesays



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The best things in life are:



Worth Mentioning

8-YEAR-OLD HACKERS. Few things seem more out of place at the DefCon hacker convention than a swarm of kids.

For 18 years, hackers have gathered at DefCon, one of the largest and longest-running conferences of its kind, to share information about breaching and securing computers.

For the first time, DefCon included discussions and tutorials for budding hackers aged eight to 16 years.

One contest covered lock-picking techniques to be used in the event they forget their locker combination. And the kids were encouraged to find security vulnerabilities in popular technologies, from video games to computer hardware.

The emergence of the DefCon kids' conference comes as hackers make headlines around the world. Though the general public often associates hacking with criminality, the engineering culture of the technology mainstream has always embraced people who explore the boundaries of what can be done with computers and other gadgets.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Egg-cellent discovery on Alaska coast

Scientists have identified an orange-coloured gunk that appeared along the shore of a remote Alaska village as millions of microscopic eggs.

But the mystery is not quite solved. Officials with the U.S. National Oceanic and Atmospheric Administration said yesterday

they don't know what species the eggs are or if they are toxic.

They have sent samples to a laboratory on the East Coast for further analysis.

The neon orange goo showed up last week on the surface of the water in Kivalina, an Inupiat Eskimo community located at the tip of a 12.8-kilometre barrier reef on Alaska's northwest coast.

Residents live largely off the land, and many are worried about the effect on the local wildlife and plants from a substance never seen there before.

THE ASSOCIATED PRESS

MIDA SWAN/THE ASSOCIATED PRESS



►The identified eggs



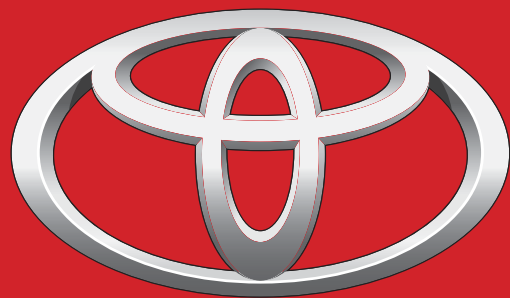
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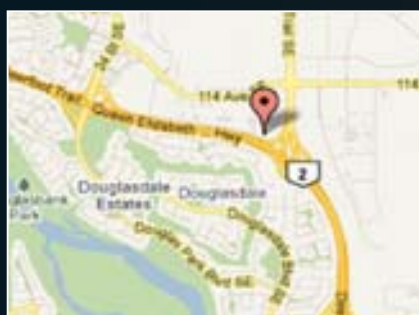
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2
scene

Box office



More than three dozen celebrities, including Nicole Kidman and Robin Williams, athlete Carmelo Anthony and Supreme Court Justice Sonia Sotomayor, are set to appear on the new season of *Sesame Street*. *Sesame Street* begins its 42nd season on PBS on Sept. 26. PBS said Monday the focus of the preschool educational series will be on science, math and engineering education. That includes age-appropriate experimentation, including designing a launcher to send Hubert the Human Cannonball over a yard and into a bucket of blue gelatin on the season premiere. Other celebrities set to make cameos include Mark Ruffalo, Sofia Vergara and Seth Rogen.

THE ASSOCIATED PRESS



Glee creators are scaring up an American Horror Story about marriage and infidelity.

Word travels fast on Wisteria Lane

► Desperate Housewives star Felicity Huffman got news of the show's demise from co-star Marcia Cross ► Huffman speculates her character may end the series with a divorce

On Sunday, ABC officially confirmed reports that the upcoming season of *Desperate Housewives* would be its last.

But series star Felicity Huffman got the bad news on Friday — in an e-mail from her co-star Marcia Cross.

Only after that did she get the call from *Housewives* creator Marc Cherry. Huffman, who plays frustrated stay-at-home mom Lynette, said she shed a few tears at her kitchen table while consoled by her husband, actor William H. Macy.

Then, she said, their nine-year-old daughter entered the room and set her straight.

"It's OK, mama. You'll work again," she told Huffman.

Desperate Housewives, a sassy prime-time soap opera with an ensemble cast also including Teri Hatcher and Eva Longoria, made a splash when it premiered in 2004 but has since seen a falloff in the ratings and buzz from viewers.

At an ABC press party Sunday night, Huffman said she was sad that *Housewives* would be ending after eight seasons.



► ABC has officially confirmed the cancellation of *Desperate Housewives*.

But she's also exhilarated by potential story lines in the show's home stretch. In her mind, the troubled but so-far-enduring marriage of Lynette and Tom (played by Doug Savant) might be

on the rocks.

"I think they could get divorced," Huffman proposed with undisguised relish.

"All bets are off. I think it's so great to bust the lid off."

Asked how she plans to cope with relinquishing the role of Lynette, Huffman quoted an old saying about recovering from a broken relationship.

"The only way to get over somebody is to get

"I thought it was coming and I think it's the right thing. But I still feel very sad and discombobulated."

DESPERATE HOUSEWIVES STAR
MARCIA CROSS ON THE
SHOW'S CANCELLATION

under somebody," she chuckled.

"I just think it takes another job."

Marcia Cross, who plays neurotic super-homemaker Bree, insisted she hadn't meant to break the news to Huffman in that email.

"Felicity is always on top of everything, while I'm usually four steps behind," explained Cross, who said she was alerted by her manager.

"It didn't occur to me that she didn't already know."

"I was really glad to hear it from you," Huffman told her as they commiserated.

"I thought it was coming and I think it's the right thing," Cross said of the show's demise.

"But I still feel very sad and discombobulated."

THE ASSOCIATED PRESS

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Mars Needs Moms

Genre: Animated

Director: Simon Wells

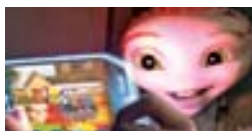
Stars: Seth Green, Joan Cusack



Despite its way-out theme, there's not going much on in *Mars Needs Moms*.

Director Simon Wells (The Time Machine) had to answer to producer Robert Zemeckis, who weirdly clings to motion-capture animation, despite a general lack of audience enthusiasm for the unearthly feeling it creates.

Joan Cusack is wasted as the kidnapped mom. So is



Seth Green as her 9-year-old son Milo, who travels to Mars to rescue Cusack, having decided she's not a "broccoli bully" after all. Weirdly,

Green's face is on pint-sized Milo, but not his voice. He's been vocally replaced by a real whiny 11-year-old.

The film isn't a disaster.

It has a positive message about family bonding that parents will love and kids may like. But all those mistakes and compromises add up. This *Mars* doesn't need moms; it needs mojo.

● PETER HOWELL

Your Highness

Genre: Fantasy

Director: David Gordon Green

Stars: Danny McBride, Natalie Portman, James Franco



If you've ever wondered how many bad jokes you could make about a severed minotaur penis, Your

Highness provides the answer: it's limitless.

This low medieval farce, about a bong-worshipping younger son (Danny McBride) seeking to prove he's as brave as his bro (James Franco), seems more eager to riff on a certain male appendage.



Your Highness may hit the record books for a dubious achievement: the fastest stumble from Oscar glory into a career cow pie. Having just won Best Actress for *Black Swan*, Natalie Portman now swan dives into a dung heap, while Best Actor nominee Franco manages to look even more stoned than he did as Oscar host.

Extras include alternate and deleted scenes, a gag reel, a making-of featurette and cast and crew commentary.

● PETER HOWELL

Lopez pours her woes into work

ALL PHOTOS GETTY IMAGES

► Performer keeping busy following split from singer husband ► Won't have to search far for inspiration with new role in mom-centric movie

While her split from Marc Anthony has been "painful," Jennifer Lopez is reportedly feeling good about her decision to end their marriage, according to People magazine.

"She is very relieved to be out of [the marriage], frankly," says a source.

"I don't think she is sitting around crying or wondering if she made

the wrong decision."

In fact, far from sitting down, she's off to Atlanta — twins in tow — to film her next project, What to Expect When You're Expecting.

"For her, it's back to business," the source says. "She is all about her career. She's excited to move on."

● METRO



► Jennifer Lopez



► Jennifer Aniston

Aniston and Theroux act like a Maui-d couple

Jennifer Aniston and her new boyfriend Justin Theroux are living it up in Hawaii leading up to Theroux's 40th birthday tomorrow, according to Us Weekly.

The couple arrived last week and have spent their

time shopping, going on lunchtime retreats and attending a party at Ben Stiller and wife Christine Taylor's vacation home.

"When they left the store, Jennifer was massaging Justin's shoulders from behind, and he

turned around and said something that made her laugh hysterically," a source says of one of their shopping trips.

"They seemed giddy in love and genuinely happy together."

● METRO

Quick Dish

He's once, twice, four times a father

BABY BOOM. Ethan Hawke and wife Ryan welcomed a second daughter recently, naming the baby Indiana, according to Us Weekly. They stepped out with the newborn for the first time in New York recently. The couple, who wed in 2008, also have a three-year-old daughter, Clementine, and Ethan has a 13-year-old daughter, Maya, and nine-year-old son, Levon, with ex-wife Uma Thurman. ● METRO

Mila likes a guy she can giggle with

WHAT A GIRL WANTS. Mila Kunis says what she looks for most in a man is the ability to make her laugh. "Humour is an amazing quality to have," the actress, who dated Macauley Culkin for years and denies rumors about dating Friends with Benefits co-star Justin Timber-

Celebrity tweets



"Attention: My new birth date is August 14, 1965."

@SteveMartinToGo

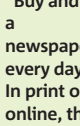


@MarthaPlimpton

"I'm so excited we're getting our own Depression. I always felt jealous of my Granny and all her 'Back in the Depression...' stories."

"Buy and read a newspaper every day. In print or online, there is information in newspapers you will never get from other media."

@AlecBaldwin



"I would totally dress up like @KatyPerry but I think she looks WAY better in a cupcake bra than I do."

@therealzooeyd



lake, tells Glamour. "I like sarcasm, satire, self-deprecating humour. But I also think there's something to be said for not looking for anything and being pleasantly surprised."

● METRO

Singer bounces back after accident

At the Teen Choice Awards, Singer Sean Kingston walked his first red carpet since a near-fatal jet ski accident in Miami in May, and he says he's learned a lot lying in a hospital bed. "Basically, I learned that in life anything can happen and you have to count

your blessings," the 21-year-old Jamaican singer tells People magazine.

"You have to be cautious about what you do."

● METRO



► Sean Kingston

Cole still a little sour, Cowell says

Simon Cowell is opening up about exactly how Cheryl Cole's involvement with the U.S. Factor fell apart.

"After two cities, I offered her the job, which initially she accepted," Cowell says, according to Radar Online.

"And then unfortunately when it went public, the negotiations fell apart, so I thought she would be more comfortable doing the U.K. show than the American show. For certain reasons, [she] decided not to."

And while the pair have been friends and colleagues for years, the latest episode might have a lasting impact: "She is still grumpy with me," Cowell admits.

● METRO



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Cancer



Health Canada says labels are being changed on finasteride drugs to add safety information on rare reports of breast cancer in men. Finasteride is a prescription drug sold under the brand name Propecia, used for the treatment of male pattern hair loss.

THE CANADIAN PRESS



Law profs attack practice of guest authorship of medical studies, but is it fraud?

8 glasses a day? No way

► Despite what conventional wisdom has told us, one U.K. doctor is saying that there is no evidence drinking water has big health benefits ► Find out why she argues it is all a myth



CELIA MILNE
LIFE@METRONEWS.CA

Advice to drink eight glasses of water a day is pure baloney, according to a U.K. physician.

Dr. Margaret McCartney, writing in the British Medical Journal, argues that there is no strong evidence of the benefits of drinking increased amounts of water. Though there may be some situations where people need to drink that much, the idea that we are all at risk for dehydration is a myth promoted by makers of bottled water, she wrote.

McCartney, in this week's BMJ, says there is currently no clear evidence of benefit from drinking increased amounts of water, she says, yet the "we-don't-drink-enough-water" myth has endless advocates, including the NHS.

The NHS Choices website states: "Try to drink about six to eight glasses of water (or other fluids) a day to prevent dehydration," while many schools also feel it appropriate to insist that pupils are accompanied to school by a water bottle.

Other organizations, often with vested interests, reinforce this message, she says. For example, Hydration for Health (created by French food giant Danone — makers of bottled wa-



► How many glasses of water should you drink every day? Less than you think.

ters including Volvic and Evian) recommends 1.5 to two litres of water daily as "the simplest and healthiest hydration advice you can give." It also claims

that "even mild dehydration plays a role in the development of various diseases."

But McCartney argues that there is no high quality

published evidence to support these claims.

She points to several studies showing no clear evidence of benefit from drinking increased

amounts of water and suggesting there may be unintended harms attached to an enforcement to drink more water.

"It would seem, therefore, that water is not a simple solution to multiple health problems," she writes.

For instance, reports that increased water intake in children can improve concentration and mental performance have not been confirmed by research studies, while data relating water drinking to a reduction in children being overweight are prone to bias.

While there are some conditions that do benefit from drinking increased water, such as in people with recurrent kidney stones, other evidence for preventing disease is conflicting, adds McCartney. In other words, this is a complex situation not easily remedied by telling everyone to drink more.

Untangling the evidence presented by Danone "results in weak and biased selection of evidence," she argues. Danone says we need "informed choices," but their own evidence does not support their call to action.

She concludes: "There are many organisations with vested interests who would like to tell doctors and patients what to do. We should just say no."

Canada's fatty new melting pot



CELIA MILNE
LIFE@METRONEWS.CA

Canada's bad health habits rub off quickly on immigrants.

"When immigrants first arrive in Canada, they are generally in better health than the native-born Canadians. But this health advantage deteriorates as they live in Canada," says Katerina

Maximova, assistant professor in the department of epidemiology at the school of public health at the University of Alberta in Edmonton.

Maximova and colleagues collected data on the heights and weights of 6,392 schoolchildren in 24 schools in Montreal over a five-year period. They compared how BMI increased among children born outside Canada, children born



in Canada to immigrant parents, and children born in Canada to Canada-born parents.

"What was most inter-

esting is that second generation immigrant children lost their health advantage very quickly, so that their BMI increases with age were similar to those of children of parents born in Canada," Maximova told Metro.

When they arrive in Canada, most immigrants initially settle in low-income, inner-city neighbourhoods, and those are the communities that

were included in the study. Unfortunately, such neighbourhoods have higher rates of overweight and obesity.

"As they integrate into Canadian society, they may adopt the unhealthy lifestyles of native-born Canadian that live in low-income, inner-city neighbourhoods, such as low levels of physical activity and poor diet," says Maximova.

Interesting concept, mixed experience at Mélange

► This eatery's service is quick & friendly but the menu needs tweaking

LUNCH RUSH

ANH CHU
FOOD@METRONews.ca



True to its name, the recently opened Mélange

Restaurant and Gastro Lounge in the downtown core offers a mixture of dishes.

Expect salads, burgers, grilled cheese, crepes and daily entrée specials. Melange's differentiating factor is small plates carried around by servers, in a dim sum style.

My date ordered the



► "Classic" crepadilla stuffed with ingredients often found in quesadillas.

► **Mélange Restaurant**
644 6 Ave. S.W.
403-265-8812
melange-gastrolounge.ca
Social lunch: Yes
Client negotiations: Yes
Price range: \$10 - \$33
Rating: 3 out of 5

"classic" crepadilla — savoury crepes stuffed with ingredients typically found in a quesadilla. It was stuffed with cheese and chicken, topped with salsa and guacamole (\$13) and quite good.

I ordered the "grown-

up" grilled cheese with gruyere, prosciutto, arugula and tomato (\$13).

The sandwich arrived open-faced. It lacked the gooey, comforting richness of a closed sandwich. Also, the bread was fairly standard loaf bread.

Only one round of "dim sum" came to our table (\$3), a blini topped with mixed peppers. It was tasty but I would have liked to see more selection.

Still hungry, we ended with a side of delicious, thick cut fries (\$5).

Parmesan Pie Fries



Preparation:

1 Preheat oven to 200 C (400 F). Remove pie shell from freezer and let thaw at room temperature 10 minutes.

2 In a small bowl, combine garlic powder, Parmesan and parsley; set aside.

3 Remove pie shell from foil onto a clean, flat, lightly floured work surface. If cracks appear in pastry, press together and repair using fingers moistened with water.

4 Cut out strips that are about 1 by 7.5 cm (1/2 to 3 inches) wide using a fluted pastry cutter

Ingredients:

- 1 frozen deep-dish pie shell
- 1 ml (1/4 tsp) garlic powder
- 50 ml (1/4 cup) grated Parmesan cheese
- 15 ml (1 tbsp) chopped parsley
- 15 ml (1 tbsp) olive oil

and gently place on a parchment-lined baking sheet.

5 Brush lightly with oil and sprinkle with Parmesan mixture. Bake in preheated oven for 12 to 15 minute or until pastry is golden. **THE CANADIAN PRESS/ TENDERFLAKE**

A blend of Canadian flavours

► Herbed Maple Marinade and Blueberry Plum Compote combine local ingredients to give pork a delicious taste

Preparation:

1 In a small bowl, combine maple syrup, grainy mustard, garlic, apple cider vinegar, oil, rosemary, coriander, all-

spice and salt. Pour over pork tenderloin in a re-sealable plastic bag and refrigerate to marinate for a minimum of 4 hours or overnight.

2 Place pork on greased BBQ grill over medium heat; close cover and cook until thermometer reaches 68 C (155 F), 20 to 25 minutes. Let stand for 5 to 10 minutes or until internal temperature reaches 71 C (160 F).

3 For Blueberry Plum Compote: In small saucepan, bring sugar and water to boil. Add lemon juice and lemon rind; cook for about 5 minutes or until syrupy. Remove from heat. Add ginger, vanilla and allspice; mix well. Mix in blueberries. Refrigerate until ready to serve. Mix plums into compote. Serve over pork tenderloin. **THE CANADIAN PRESS/ FOODLAND ONTARIO**

Ingredients:

Herbed Maple Marinade

- 500 g (1 lb) pork tenderloin
- 50 ml (1/4 cup) maple syrup
- 50 ml (1/4 cup) grainy mustard
- 2 cloves garlic, minced
- 50 ml (1/4 cup) apple cider vinegar
- 30 ml (2 tbsp) olive or vegetable oil
- 22 ml (1 1/2 tbsp) chopped fresh rosemary
- 5 ml (1 tsp) ground coriander

der

- 2 ml (1/2 tsp) each allspice and salt

Blueberry Plum Compote

- 50 ml (1/4 cup) granulated sugar
- 50 ml (1/4 cup) water
- 15 ml (1 tbsp) lemon juice
- 2 ml (1/2 tsp) grated lemon rind
- 5 ml (1 tsp) grated fresh ginger
- 1 ml (1/4 tsp) vanilla
- Pinch allspice
- 125 ml (1/2 cup) blueberries
- 2 yellow plums, pitted and coarsely chopped



► This maple and herb marinade can also be used with salmon, trout or chicken.

Date Night



► Who doesn't enjoy a good rock-climbing session?

Ideas for your next date

1 Climb the walls
Strengthen your body and your relationship with a trip to the climbing gym. Talk about a challenge: Not only will you push yourself physically on your way to the top, but you'll also have to take a leap of faith and trust that your (hopefully) strong-armed partner will

keep you off the ground. Scared? Don't be. A one-hour training session will get you more than ready for this adventure. For a wall near you, visit indoorclimbing.com.

2 Be a volun-tuosome!
Good deeds make great dates. Volunteer together: Serve food at a homeless shelter, teach some arts and crafts at a senior's home or offer your lit-

ter-picking-up services to your city or town.

3 Take to the skies
Warning: Only thrill-seekers need apply. Up for some bungee jumping, zip-lining, rappelling or aerobatic gliding for two? Go to trythat.ca or bungee.com to plan a serious night on (or above) the town.

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Hi Mr. Butler:
I've never been a fan of my boyfriends' mothers ... bad luck maybe? I've been seeing someone new and I'm wondering how long I can avoid meeting his mother. Please say a year or longer!!!
Daddy's Girl

Dear Daddy's Girl,
When I first read your question, I thought that you need to toughen up and go meet your boyfriend's mother soon or else your new man may take offence and you run the risk of losing him. Upon



► Meeting the parents is inevitable.

further reflection, however, the answer became clearer to me.

You should meet his mother within a month or so of him meeting yours! It's always prudent to treat mothers equally. Please give your boyfriend's mother a chance; she just may turn out to be the fabulous mother-in-law of your future! Ask your new boyfriend to share with you

a little about his mother and her interests.

Perhaps this will allow you to find a topic of interest ahead of time so that both of you will begin your relationship on the perfect foot and you can actually enjoy each other's company!

CHARLES WOULD LOVE TO HEAR YOUR QUESTIONS. EMAIL HIM AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

E-harassment shouldn't be taken lightly

► Trauma from cyberstalking even more intense than in-person harassment, says clinical psychologist

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For all its obvious benefits, there is also a dark side to the cyberworld: online stalking and harassment that can leave victims feeling as if there's no safe haven providing escape from their pursuers.

"It's a new method for an old problem," says Dr. Elizabeth Carll, a clinical psychologist in Long Island, N.Y. "Obviously the ones that everyone is aware of is putting false and humiliating information on the Internet, such as discussion boards, blogs, message boards, Facebook, as well as sending harassing emails and text messages."

But the psychological fallout from such electronic bully tactics can be even more devastating for those targeted than face-to-face exchanges, said Carll, who presented a talk on the issue Saturday at the annual meeting of the American Psychological Association in Washington.

"The symptoms of harassment and e-harassment are very similar — anxiety, fear, nightmares,



► In Canada, cyberstalking can be prosecuted as criminal harassment under Criminal Code section 264(1).

feelings of helplessness, hypervigilance, having eating and sleeping difficulties, feeling out of control, a loss of personal safety — all of those kind of things go with harassment," she said.

"But what's different is that it is more intense because the electronic harassment is so much more pervasive. Whatever humiliating thing they want to say about you can go out

to everybody and they can continue to do this wherever you are, if you're online."

Someone being harassed at work can't necessarily evade their persecutor at home because computers and cell phones can allow incoming emails, texts and phone calls to continue 24-7, she said.

Even telephone caller ID isn't foolproof for avoiding

850K

Citing statistics from the U.S. Justice Department and other sources, Dr. Carll said 850,000 American adults, mostly women, are targets of cyberstalking each year.

contact — there are ways to alter the name that comes up when the phone rings, a technique dubbed "caller ID spoofing."

Cyberstalking is particularly traumatizing because its reach is global, Carll said in an interview from Washington.

"So it's not like only your school knows what's going on, but the whole world does. It's out there online, and you know how hard it is to get something off the Internet — when it's on, it's also staying there forever."

"Whereas in real-world bullying and harassment, once it stops, it stops."

THE CANADIAN PRESS

'Budget' isn't a bad word

Mention the word "budget" to some people and you'll likely be met with cringes and wincing, the kind usually seen from dentists' chairs.

It's not very surprising because the perception about making a budget is that it requires us to think carefully about how and where we spend our money. And most of the time we have no idea.

While it takes discipline to plan and implement a good budget, it doesn't have to be rocket science.

We asked Jean-Rémy Deschênes, business coordinator in the Wealth Management department at Desjardins Group, for advice on how to create an effective plan.

How to get back on track with your money

It's important to remember that the initial process of setting up your budget will require a bit of effort, but it's worth it in the long run. **Keep it simple:** Your budget should be straightforward and flexible so it can be easily modified if your income or expenses change. **Set your financial objectives:** Your objectives should be realistic, measurable and time-bound.

This will help you stick to your budget and to reach your financial goals and projects.



Be realistic and specific about your spending: Go through your credit union, bank or financial institution account statements to identify your spending patterns.

Each expense item will have its own line in your budget, for example housing, groceries, utilities, transportation, investments, retirement savings, entertainment, clothing, etc.

Identify and itemize your bills. Keep in mind that they may not all be monthly expenses, for example insurance premiums

come only once a year, so make sure to break them down into monthly amounts.

Try to avoid guessing the amounts that you spend for each budget line. Be honest with yourself and aim to be as exact as possible.

Stay organized: Save all of your receipts and track them against your budget.

NEWS CANADA

EDITOR'S NOTE: Alison Griffiths will be back next week with her On Money column.

MARKET MADNESS

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA



Feel like you're on a roller coaster with your investments? I definitely did

last week when the market plunged due to massive economic uncertainty. Investors are feeling uneasy as whispers of "double dip recession" float through the media stirring up anxious conversation.

I certainly don't want to downplay last week's market losses, but frankly it's unwise to get all hyped up and cash out your portfolio.

That action is counter to the most fundamental investment principle of all time: buy low and sell high.

Stats show that emotional investors, those who hop from investment to invest-

ment, return less than four per cent on their portfolios in the long run. Those who take a long-term view on the market and stay invested in quality stocks return upwards of 12 per cent.

Sure, it's natural to get upset when your net worth plummets 20 per cent in a week, but rest assured, economic and stock market cycles (expansion, peaking, retraction and the trough-bottom of the barrel) have occurred many times in the past and people survived.

Why not take advantage of the market volatility and, with the advice of a financial advisor, consider buying investments that have been badly 'beaten down'.

Then, follow in the footsteps of Warren Buffet, and hold on to good stocks for the long term allowing for appreciation and dividends.

My go-to websites when considering any stock purchase are globeinvestor.com and ca.finance.yahoo.com.

Budgeting blues

Some of the key reasons budgets don't work is because the person:

- ▶ lacks a clear understanding of their financial situation
- ▶ is unaware of their actual day-to-day expenditures
- ▶ hasn't defined their financial needs, interests, objectives and goals
- ▶ has gotten carried away by debt and has allowed their savings to lag

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POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS

in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

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LEARNING CURVE

► Students enrolled in the DeVry Electronics Engineering Technology (EET) program will gain the knowledge and skills needed to build the electronic components that power consumer, business, medical and security devices.

DeVry moves EET degree online

DeVry Institute of Technology recently extended its Electronics Engineering Technology (EET) bachelor's

degree program to the school's online learning option. The EET program is accredited by the Canadian

Technology Accreditation Board, and graduates are eligible for certification as technologists after two

years of work experience.

Students enrolled in the EET program will gain the knowledge and skills needed to build the electronic components that power consumer, business, medical and security devices.

Using National Instruments' ELVIS (Educational Laboratory Virtual Instrumentation Suite) technology, you will complete lab work that previously had been limited to on-site class-

rooms. Whether students take EET classes online or on-site, you will receive instruction from qualified practitioners and benefit from DeVry's commitment to small class sizes.

To earn a Bachelor of Science in Electronics Engineering Technology, students must complete nine full-time semesters, or 139 credit hours.

For more information, visit devry.ca. ● JANE DOUCET

SAIT teams up with UofCalgary

Today's communication security is constantly being threatened by faster computers and better code-breaking algorithms, and it will become obsolete with the arrival of the quantum computer.

Researchers at the Southern Alberta Institute of Technology (SAIT) and the University of Calgary have demonstrated that they can send an unbreakable quantum key between the institutions.

The unique partnership spells a significant milestone in Canada. The technology enables long-term safeguarding of personal, industry and government information; its potential for commercial applications could be a big step forward for Alberta's knowledge-based economy. The two institutions sent a signal between U of C and SAIT using photons rather than the fibre-optic cables used in traditional telecommunications. The work done by these researchers will help encourage new programs in training first-class technicians and researchers to work in this area.

● JANE DOUCET



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Mount Royal launches midwifery degree

Mount Royal University's new four-year Bachelor of Midwifery (B.Mid.) degree is the only such degree program in Alberta and one of only three in Western Canada. In 2009, Alberta announced it would publicly support funded midwife services, and now the government has helped Mount Royal establish the educational foundation to prepare midwifery caregivers to ensure safe, competent and quality care for women and their babies.

The evidence-based program will prepare midwives to offer a breadth of care through a combination of biological, social and health sciences, and midwifery and general education courses, combined with clinical learning under the supervision of registered midwives currently practising in the community. For more information, visit mtroyal.ca.

CDI opens new campus

The recently opened Calgary South campus of CDI College offers innovative programs in business, health care and technology. Students will benefit from hands-on training, experienced instructors, small class sizes and practicum placements.

Thanks to this new campus, Calgary South residents can take advantage of CDI's career training experience close to home. Some of the programs offered are Accounting and Payroll Administration, Business Administration-Management, Medical Office Administration, Network and Internet Security Specialist, and Oil and Gas Administration.

For more information, visit cdicollege.ca.

Bow students honoured

Two members of the Bow Valley College community



recently received accolades for their achievements in their respective fields.

Alykhan Velji, a 2003 graduate of the College's Interior Decorating and Merchandising program and the owner of Alykhan Velji Designs, has been chosen as one of Business in Calgary magazine's 2011 Leaders of Tomorrow.

Another college member being lauded is Sharon Carry, Bow Valley College's president and CEO, who was named this year's

recipient of the City of Calgary's Community Achievement Award in Education. The award recognizes

Carry's contributions to enhancing learning opportunities for Calgarians throughout her career. Mayor Naheed Nenshi congratulated Carry on her award at a June 15 ceremony in the atrium of city hall.

U of C team designs device
Researchers at the University of Calgary's Schulich

School of Engineering have designed a device that simulates blood flow to uncover new information that could help prevent heart attacks and strokes.

In a paper published in the July edition of the American Journal of Physiology-Health and Circulatory Physiology, U of C biomedical engineer Kristina Rinker and her team showed that the presence of a particular form of the protein Smad2 in the cells that line the blood vessels appear to influence artery health. Now the researchers are exploring ways to manipulate this protein to create new treatments for cardiovascular disease. The study, which involved some collaboration with the Faculty of Medicine, fills in many gaps in the existing knowledge of how blood flow influences vessel health.

ACAD students win prizes

A record 18 Visual Communication Design major students at the Alberta College of Art + Design took home top prizes at the 2011 Applied Arts Student Awards. The students' work will appear in the November/December 2011 edition of Applied Arts magazine. The special awards edition of the magazine is often used by potential employers to scout new talent.

The winners will also be featured on the Applied Arts website in a Students Award Gallery.

The ACAD students, along with the other winners, will be recognized at a special Award Winners' Exhibit Oct. 27-28 in Toronto. The 18 awards won by the ACAD students are more than those won by students at any other design school or college.

● JANE DOUCET

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Crossword

Across

1 Pro foe
5 Recede
8 Porridge-making Bear
12 Appear ominously
13 Zodiac cat
14 Couple, to gossipers
15 In all likelihood
17 Optimistic
18 Ms. Lupino
19 — tunnel syndrome
21 Diving bird related to the loon
24 Crazy
25 Exceptional
26 Pajama cover-up
30 Blackbird
31 Crazy
32 Started
33 Germs
35 Ran (from)
36 Gem used in cameos
37 Cecil's pal, on old TV
38 Hole-boring tool
41 Raw mineral
42 Exam format
43 Gymnasts
48 Toy on a string
49 Drag along
50 Stead
51 Soon, in verse
52 Lock opener
53 Verve

Down

1 Matterhorn, e.g.
2 Neither mate
3 Overly
4 Drink
5 Napoleon's exile
6 — canto
7 Refuses to do business with
8 Looking glass
9 On
10 Small plateau
11 — nitrate
16 Citric drink
20 Sore
21 Metric measure
22 Hindu princess
23 Attorney General Holder
24 Surgical glove ma-



5 Napoleon's exile
6 — canto
7 Refuses to do business with
8 Looking glass
9 On
10 Small plateau
11 — nitrate
16 Citric drink
20 Sore
21 Metric measure
22 Hindu princess
23 Attorney General Holder
24 Surgical glove ma-

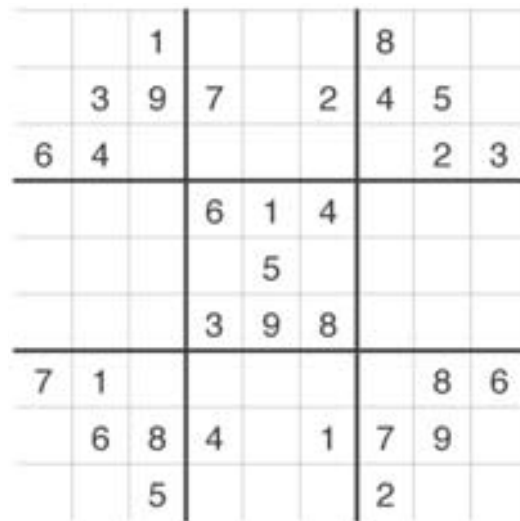
terial
26 Cooing, maybe
27 — podrida
28 Existed
29 Vortex
31 Skeleton component
34 Deodorant type
35 Weak
37 Sis' counterpart
38 Painter Francisco
39 Pressing need?
40 BLT spread
41 Mass revelry
44 Pool stick
45 Have a bug

46 Afternoon get-together
47 Major star

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



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My Everything
There are more than a trillion blades of grass and I only LOVE ONE!!!! I LOVE you more EVERYDAY!!!!
FROM BLADE OF GRASS

Brim
Like someone told me, I cant wait to see where this house takes us next!
Love you B
FROM J SHOOK

Roomie down the Hall
3 Germorda is coming to an end and I never would have guessed I would walk away with so much!
No matter how far or in which country we end up next, we will always have 63 and you will always have me. Love you B
FROM ROOMMATE RULE BREAKER

A look at the weather

TODAY Min 11° Max 24°
WEDNESDAY Min 11° Max 21°
THURSDAY Min 13° Max 24°

Andrew Schultz, Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM



Today's horoscope

♈ **Aries** March 21-April 20 You will be enthralled by a radical idea, but you must not to act on it immediately.

♉ **Taurus** April 21-May 21 There is no point making a big issue of something that is really quite trivial.

♊ **Gemini** May 22-June 21 Aim to do something truly special today.

♋ **Cancer** June 22-July 22 If you start something new in the short-term it will bring you fame and fortune in the long-term.

♌ **Leo** July 23-Aug. 23 Get out and

about and meet new people today.

♍ **Virgo** Aug. 24- Sept. 22 You don't usually compare yourself to other people, so why start now?

♎ **Libra** Sept. 23-Oct. 23 The world is full of possibilities, so don't let negative thinking hold you back from experiencing and enjoying what life has to offer.

♏ **Scorpio** Oct. 24-Nov. 22 Any bad feelings you may be having about something you've said or done must be overcome.

♐ **Sagittarius** Nov. 23-Dec. 21 Under no circumstances should

For today's crossword answers and for expanded horoscopes, go to metronews.ca

you back down or tone down your opinions.

♑ **Capricorn** Dec. 22-Jan. 20

If someone you work with demands that you conform "or else" today tell them to go jump.

♒ **Aquarius** Jan. 21-Feb. 18

Some people think you are bad. Others think you are mad. Actually you are neither. Be yourself, always.

♓ **Pisces** Feb. 19-March 20. You need to get tough with yourself about your financial situation.

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Caption contest



JOHN W. ADKISSON/ORANGE COUNTY REGISTER



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STXW C110278A

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STXW C111130

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STXW C110021A

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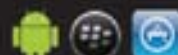
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